

Supplement Guide

With the quality of most food today, supplementation can be necessary to thrive on any diet. Below I will list what some of the supplements I recommend are, where you can find them and how they can benefit you. This is just a general guide on supplements. If you would like specific suggestions to your chemistry, please upgrade to [personal coaching](#). (subject to availability)

For all supplements purchased at www.naturalreference.com, please use **practitioner code: nissahelpsme** at checkout.

Beet Flow: This is typically the most expensive supplement I will recommend. It is a highly concentrated form of beet greens. This can only be found at www.naturalreference.com. Beet root supplements found in health food stores are not comparable and serve a different purpose.

Beet Flow thins sludgy, sticky bile to aid in your body's digestion of high quality fats. Years of medications or processed foods can make bile thick and sticky. Beet Flow can help improve this, resulting in improvements in nausea, fats, acne and itchy skin, diarrhea, constipation and bloating in your lower abdomen.

Beatine HCL: This is also known as hydrochloric acid or stomach acid.

With age, improper diet and medications like acid reducers, our bodies may slow or stop production of stomach acid. This can be detrimental since we need proper stomach acid in order to break down our food. If we do not break this food down, it rots and ferments inside of our bodies instead of releasing nutrients to the cells that need them to thrive.

Temporarily adding Beatine HCL to your supplement routine can help improve reflux, heartburn, burping, undigested food, constipation and low blood pressure. This supplement can help your body receive more of the nutrients from your food, which will provide you with more energy and improvement with weight loss.

Beatine HCL can be found at local health food stores and at www.naturalreference.com. Whenever I refer to Beatine HCL, I am referring to the supplement found on Natural Reference. If you buy a store brand, you may need to adjust your dose based on the

dosage found in your brand. Also, many stores sell HCL with pepsin. This can cause stomach upset in many individuals.

Beatine HCL should only be used with Beet Flow.

Digestizyme: this is a high quality digestive enzyme.

While our bodies make these enzymes naturally, we start to lose them as we age. If your body does not have enough enzymes to break down your food, it will start taking enzymes meant for other purposes, which can result in health problems. Taking a digestive enzyme with every meal, particularly after age 30, is important to make sure you are receiving the proper nutrients from your food.

Digestizyme also contains co-factors, like zinc, to help restart production of your own body's HCL naturally. Digestizyme is found at [Natural Reference](#).

Alternative digestive enzymes can also be found at local health stores. Be sure to choose a high quality brand.

Bio-C – this is a whole food form of Vitamin C, which is different than Vitamin C as ascorbic acid sold in most stores.

Did you know humans top a small list of mammals that do not make their own Vitamin C? It is important to supplement with a whole food form of Vitamin C because this is used for growth and repair of tissues in all parts of your body. It helps the body make collagen, which is important for skin, cartilage, tendons, ligaments and blood vessels. It is also important for healing wounds and maintaining bones and teeth.

Bio-C is found at [Natural Reference](#). Alternatively, you can choose another whole food form of vitamin C found at health stores. Be sure to choose a high quality brand.

D-limonene - Orange peel extract. If your stomach acid has been insufficient for some time, taking D-limonene for 1-2 weeks before starting Beatine HCL can be very helpful in clearing out bad bacteria that has formed from a lack of stomach acid. This is found at [Natural Reference](#). Alternatively, you can purchase a product called Heartburn Free on Amazon.

Collagen - collagen is the most abundant protein in the human body. Supplementing with collagen can help heal your gut, keeps your immune system strong and helps with hair and nail growth, among many other health benefits. The brand I use is Great Lakes Collagen. I choose the green can since it dissolves easily in hot and cold water. The red can is great for recipes like homemade jello. Also, I typically save \$5 per can at [Thrive Market](#) over Amazon.

ACV - Apple cider vinegar. This can also be used to help digestion, as well as aid in pH balance if you have a cold. The brand I suggest is Bragg's. This can be found at [Thrive Market](#) or at most health food or grocery stores.

Celtic Sea Salt or Pink Himalayan Salt - These are very important supplements on a ketogenic diet. When most people drop their carbs, they need to supplement with minerals, including a high quality salt. **Most ketogenic dieters require 2 teaspoons of salt per day.** This can be added to water, drinks, food or taken under your tongue several times per day in increments of $\frac{1}{8}$ - $\frac{1}{4}$ teaspoon. *if blood pressure is high, avoid overuse of salt as this will raise it higher.

Disclaimer: Nissa Graun is not a doctor. Any information listed above should not be viewed as medical advice. This and all other forms are for educational purposes only and you should contact your doctor for all medical advice. Any messages found within these forms are informational based on ideas or processes that may have helped other individuals in a similar situation. You need to decide what is best for your body.